

RESOLVING HYPOCRISY

Check each way, either in the past or present, that you have pretended outwardly something that is not true inwardly.

TOWARD OTHERS

- Pretending to obey parents while being inwardly rebellious.
- Criticizing other's failures when my spiritual problems are similar.
- Pretending to care for others while being bitter, resentful and angry.
- Saying one thing with my lips outwardly, but thinking differently in my heart.
- Saying I love someone when, in reality, I really hate them.
- Only telling the things about myself that I want others to know, instead of what is true.
- Being afraid of what others would think if they knew what I was like on the inside.
- Projecting myself as having it all together (no problems) out of fear of rejection from others.
- Dishonesty in sharing my weaknesses with others for fear of being rejected.
- Lying about things that happen, to cover up what I do.
- Lying to gain the acceptance of others.
- Identifying the problems that others have but not seeing my own. Matthew 7:5
- Asking others to do things I am unwilling to do (i.e. clean house, wash dishes, etc...).

TOWARD GOD

- Pretending to be close to God, when not desiring or enjoying a relationship with Him.
- Practicing religious activity to be seen and praised by men. Matthew 6:2,5,16
- Pretending to be excited about fellowship with other believers, when in reality only wanting to impress them with my spirituality.
- Giving money to gain the praise of men. Matthew 6:2
- Praying to impress others with my spirituality. Mathew 6:5
- Fasting to impress others with my spirituality. Matthew 6:16
- Pretending to be excited about service for the Lord, when merely doing it out of obligation.
- Pretending to live a holy life, but inwardly wishing I didn't have to.
- Pretending to be a spiritual person when I'm really not.
- Saying I love God, but not obeying what He commands in His Word. Luke 6:46
- Saying I have an intimate relationship with God, but seldom seeking Him in prayer.
- Obeying God because of a fear of what others will think of me.
- Making spiritual decisions based on other's expectations of me.

MORAL HYPOCRISY

- Pretending to have pure moral thoughts while yielding to lustful thoughts.
- Telling my spouse I am morally pure when being unfaithful in desires, thoughts or actions.

“Lord, I acknowledge and renounce my hypocrisy as evidenced through my (item checked above). I thank you for your forgiveness for my hypocrisy and choose to respond with openness, truthfulness and honesty from my heart.”